

Faith Lesson 21 - Grades 1 & 2 - Sunday is a Special Day

First Holy Communion

Resource: Dynamic Catholic

[First Communion Student's Workbook](#)

[First Communion Parent's Guide](#)

Link to videos: <https://dynamiccatholic.com/blessed/first-communion/program-view/session-1>

We used session 1 episodes 3, 4, & 6. We have limited time in class for watching videos, but I encourage you to watch all the episodes from session 1 with your children.

Lesson

Opening Prayer:

God, our loving Father, thank you for all the ways you bless me. Help me to be aware that every person, place, and adventure I experience is an opportunity to love you more. Fill me with a desire to change and to grow and give me the grace to become the-best-version-of-myself in every moment of every day. Amen.

Saint of the Day:

St. Tarcisus, Patron of 1st communion, teenage boys, and altar servers

Tarcisus was a martyr of the early Christian church who lived in the 3rd century. The little that is known about him comes from a metrical inscription by Pope Damasus I, who was pope in the second half of the 4th century. The only positive information concerning this Roman martyr is found in a poem composed in his honor by Pope Damasus (366-384), who compares him to the deacon Saint Stephen and says that, as Stephen was stoned by a crowd, so Tarcisus, carrying the Blessed Sacrament, was attacked by a group, and beaten to death.

Tarcisus was a 12-year-old Christian during the persecution of Valerian. The Christians would have Mass in the catacombs, entered by secret entrances on the outskirts of Rome. After Mass, Hosts would be wrapped up and carried to the Christians in prison in the Coliseum, who were awaiting martyrdom under Valerian. After one of these Masses, there were no adults available. Tarcisus was entrusted with the task of bringing the Eucharist to condemned Christians in prison.

He was a little boy, and small in stature. "Let me take the Hosts to our brothers and sisters! Because I am little, they will not suspect what I am doing!" The priest hesitated. "It is dangerous, Tarcisus. If you are discovered, you will certainly die as well." But Tarcisus insisted, and the Sacred Hosts were carefully wrapped and concealed in his tunic, against his chest.

So Tarcisus left the catacombs and was walking along the Appian Way, carrying the Sacred Hosts which were carefully wrapped and concealed in his tunic, against his chest. Then he was spotted by some pagan friends of his. His friends were curious and wanted whatever he was carrying so close to his heart.

"My Jesus, help me!"

“Jesus? We did not know you are a Christian. You are an enemy of the emperor. Let us get him!”

And they got stuck into him, kicking, and beating him with clubs and stones, all the time trying to take from him the pouch containing the Sacred Hosts. But Tarcisius guarded the pouch with every ounce of strength he had, fearing the sacrilege that would result if the pagans were successful.

Finally, they rendered the poor boy unconscious. But even so, those thugs were unable to pry open his hands to get control of the Body of Christ. Only later, when his body was returned to a priest, could the Eucharist be easily taken from his dead hands. Another version is that the assailants could find no trace of the Eucharist any place on his body. Where fact stops and legend begins is a bit uncertain, but that a young boy achieved sainthood by giving his life for Christ is quite clear.

Tarcisius is the patron saint of first communicants and of altar servers, and of teenage boys. His relics are kept at the minor basilica of The Church of Saint Sylvester in Capite, along with other martyrs' relics from the Catacombs. The feast day for St. Tarcisius in the Roman Martyrology is August 15, the same day as the Feast of the Assumption of the Blessed Virgin Mary.

St. Tarcisius shows us that we do not have to wait until we are adults to show Jesus how much we love him. We do not have to wait until we are grown up to become saints. He also shows us that Jesus is truly present in the Eucharist and he needs us to protect and respect him in the Blessed Sacrament.

Say: Our first Video today shows the children playing catch with Hemmingway. Let us see what they have to present to us.

Watch: “God loves to celebrate” (Blessed 1st Communion session 1:3, 3:22)

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-1-3.html>

Ask:

- Why do we celebrate so much as Catholics? (because God loves to celebrate)
- Why does the church celebrate saints' feast days? (They are reminders that we are called to be holy)
- Who is your favorite saint? Why?
- Do you know what God's favorite day is?
- Are there any feast days that are very special to you and your family? What do you do to celebrate?

Say: Celebrating is important. It helps us to remember important times and it helps us see what is possible for our lives. Sunday is God's favorite day. Let us watch the next episode to see why Sunday is so special. In this next episode, Max, Elijah, and Ben have a surprise for a sleeping Tiny.

Watch: “What makes Sunday so special” (Blessed 1st Communion 1:4, 6:42)

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-1-4.html>

Ask:

- Why is Sunday so special? (God made it a holy day of rest)
- Is Sunday a special day in your house? What do you do?

Say: Have you ever wanted to hear the voice of God in your life? If yes, show me a thumbs up. If no, show me a thumbs down. I am a thumbs up person. In the next episode, Ben and Sarah show us how to hear the voice of God in our lives.

Watch: “Listening to God at Mass” (Blessed 1st Communion 1:6, 5:58)

<https://www.dynamiccatholic.com/first-communion/blessed-program-view-first-communion-session-1-6.html>

Ask:

- What do you know about God? (He is good, loving, a father, wants us to become saint, always there for us, etc.)
- What are the most important things you learned from this lesson?

Say: What I really want you to know today is that the Eucharist is one of God’s greatest gifts to you. Sunday is God’s favorite day because God loves spending time with you and looks forward to seeing you at Mass on Sunday. Going to Mass is a great way of showing God how grateful you are for all his gifts.

Closing Prayer:

Canticle of Zachariah (Lk 1:68-75)

Blessed be the Lord. The God of Israel; He has come to his people and set them free. He has raised up for us a mighty savior, born of the house of his servant David. Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy Covenant. This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life.

Hail Mary

Hail Mary, full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of death. Amen.

Faith Activity

Praise the Lord Holy Cards

Materials: Construction paper, copy of the prayer, markers, Packing tape or laminator, scissors, and glue stick. OPTIONAL: picture cut outs, stickers, etc.

1. Print and cut out the prayer.
2. Glue it to construction paper the size of a holy card or the size you want your holy card.
3. On the other side of the construction paper, draw pictures, add stickers, or glue pictures that help you to remember how much God loves you and how we should praise his goodness.
4. When your holy card looks the way you want, laminate, or cover with clear packing tape to seal.
5. Place the holy card in a spot where you will remember to pray the prayer and praise God.

Bless the Lord, all your works of the Lord, praise and exalt Him above all forever.

Angels of the Lord, Bless the Lord, praise and exalt Him above all forever.

Sun and moon, bless the Lord, praise, and exalt Him above all forever.

Stars of Heaven, bless the Lord, praise, and exalt Him above all forever.

Nights and days, praise the Lord, praise, and exalt Him above all forever.

Let the Earth bless the Lord, praise, and exalt Him above all forever.

You dolphins and all water creatures, bless the Lord, praise, and exalt Him above all forever.

All you birds of the air, bless the Lord, praise, and exalt Him above all forever.

All you beasts, wild and tame, bless the Lord, praise, and exalt Him above all forever.

You sons of men, bless the Lord, praise, and exalt Him above all forever.

Dn 3:57-58, 62-63, 71, 74, 79-82

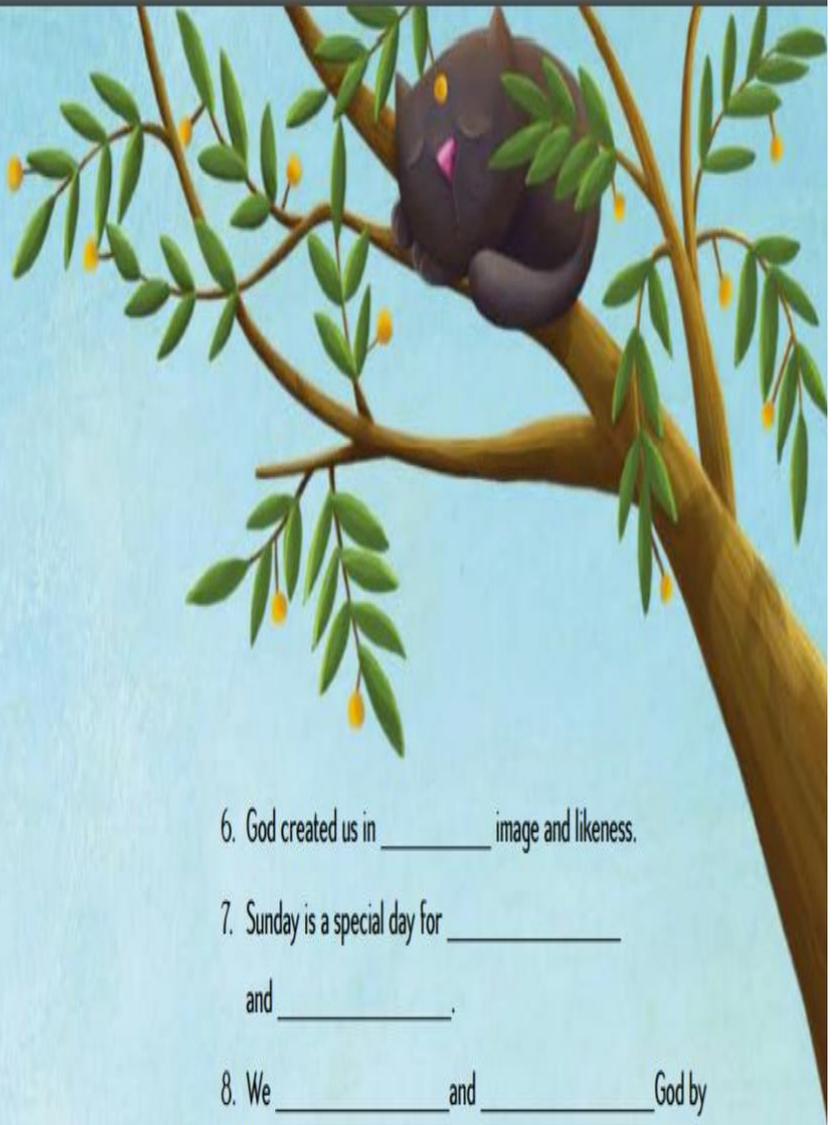
Show What You Know

True or False

1. ____ You are on a journey toward your First Communion.
2. ____ You are blessed.
3. ____ God never likes to celebrate.
4. ____ You will only have one First Communion in your life.
5. ____ Sunday is a day for gratitude.

Fill in the blank

1. You are on a great _____ with God.
2. One of the greatest blessings you will ever receive in your life is the _____.
3. God is _____ you to a great banquet.
4. One way you can worship God every day is by counting your _____.
5. After God finished the work of creation, he said that everything was _____, even insects!



6. God created us in _____ image and likeness.
7. Sunday is a special day for _____ and _____.
8. We _____ and _____ God by going to Mass each Sunday.
9. Just as he did in ancient times, God _____ to you and me.
10. Going to Mass on Sunday is a great way to show God we are _____.

Word Bank

PRAISE SPEAKS JOURNEY GOOD THANK INVITING REST HIS
GRATEFUL EUCHARIST WORSHIP BLESSINGS

Show What You Know

True or False

1. T You are on a journey toward your First Communion. (p 2)
2. T You are blessed. (p 3)
3. F God never likes to celebrate. (p 28)
4. T You will only have one First Communion in your life. (p 31)
5. T Sunday is a day for gratitude. (p 42)

Fill in the blank

1. You are on a great journey with God. (p 25)
2. One of the greatest blessings you will ever receive in your life is the Eucharist. (p 2)
3. God is inviting you to a great banquet. (p 2)
4. One way you can worship God every day is by counting your blessings. (p 39)
5. After God finished the work of creation, he said that everything was good, even insects! (p 41)

6. God created us in his image and likeness. (p 40)
7. Sunday is a special day for rest and worship. (p 37, 39)
8. We thank and praise God by going to Mass each Sunday. (p 39)
9. Just as he did in ancient times, God speaks to you and me. (p 44)
10. Going to Mass on Sunday is a great way to show God we are grateful. (p 43)

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